

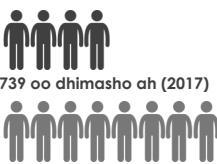
# Daawooyinka Opioids ee loo Cuno Xanuunka Daran ee Qaliinka

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## Shuruudaha Qorista Daawada Opioid 2018

Intii udhaxaysay sanadhihi 1999 ilaa 2016, dad kabadan 200,000 oo kudhaqnaa dalka United States ayaa udhintay sababo laxariira daawada opioid oo ay iska badiyeen (CDC, 2017). Waxaa la ansixiyay Sharciga Gobalka Washington oo soobaxay sanadkii 2017 kaasoo dhigaaya in laqoro xeerarka qorista daawada opioid ayadoo laga jawaabaayo masiibo gobalka oo dhan kajirta oo kadhalatay daawada opioid.



Washington State Opioid  
Related Statistics (Tirakoobka  
Gobalka Washington ee  
laxariira daawada Opioid)

1,615 qof ayaa isbitaal loodhigay kadib markay si khaldan u isticmaaleen daawada (2017)



324,000 oo qof oo da'doodu tahay 12+ sano oo si khaldan u isticmaalay daawooyinka  
opioids sanadkii lasoodhaafay kaliya (2016)

Daawooyinka Opioid waa kuwo qofku laqabsado uusana iskadayn karin qofkastana wuxuu halis ugu jiraan inuu maandooriyo kadhigto daawada opioid. Badbaadi naftaada iyo dadka kalaba adoo yaraynaaya isticmaalka, qashinka kudaraaya dhamaan daawooyinka aad la isticmaalin, baranaayana sida lagu aqoonsado astaamahaan in daawada opioid kugunoqotay doroogo iyo inkale.

## Waxa ay tahay inaad ogaato kabukaan ahaan

Kahor intuusan kuuqorin daawada opioids, dhakhtarkaaga ayaa:

- Kuwaydiin kara inaad siiwado qiimaynta halista
- Kuwaydiin kara su'aalo dheeri ah oo kusaabsan diiwaankaaga bukaanka
- Hubin kara Prescription Monitoring Program (Barnaamijka Lasocoshada Qorista daawada) si uu u aqoonsado walaacyada kajira daawooyinka kale ama walaaca daawooyinka

Daryeel bixiyaasha caafimaadka gaarka ah, talaabooyinka, nidaamyada, farmashiyaasha, iyo shirkadaha caymiska ayaa soosaari kara xeerar kuwii hore kasii adag oo ku aadan daawooyinka opioids

Waydii daryeel bixiyahaaga caafimaadka su'aalo laxariira dookhyada daawaynta nooca kale ah ee xanuunka

Baro daawada laguu qoro, raac tilmaamaha, waligaana hacunin wax kabadan intii laguu qoray

Noocyada ugu badan ee daawooyinka opioids waa oxycodone, hydrocodone, codeine, tramadol, fentanyl, morphine, iyo methadone. Daawooyinka opioid waxaa kuuqori kara dhakhaatiirta caafimaadka si loodaaweeyo xanuunka nooca dhexe ilaa kan daran, laakiin daawooyinkaan ayaa keeni kara dhibaatooyin kadhasha iyo haliso daran oo dhanka caafimaadka ah, sida inaad daawada laqabsato, inay balwad kuunoqoto, inaad daroogo ahaan u adeegsato, iyo inaad iskabadiso.

Waa muhiim inaad raacdo tilmaamaha daawada markaad qaadanayso daawada opioids aadna markasta runta usheegto dhakhtarkaaga wixii laxariira daawooyinka kale ee aad qaadanayso. Waa inaad kadheeraataa cabista khamriga ama kashaqaynta mashiinada adag markaad cunayso daawada opioid.

## Lasoco macluumaaadkaaga. Taxadar. Cidna Daawada hala wadaagin.



### Waa maxay halisaha jira?

- Kudaroogoobida opioid
- Inay balwad kuunoqoto
- Inaad dhacdo ama shilal gasho
- Inaad xasaasiyad kaqaado xanuunka
- Inaad iskabadiso



### Dhibaatooyinka kadhalan kara daawada

- Lalabo, matag, iyo afka oo kuqlalala
- Dibiro
- Hurdo aan dhamaan iyo caajis
- Wareer
- Xanunka sababa joojinta daawada

### Halisaaya intaas kasii waynaan kara markaad tahay:

- Xaamilo
- Aad horay maandooriyaasha u adeegsan jirtay
- Aad kawayn tahay da'da 65
- Xaaladaha caafimaadka dhimirka
- Kudarista daawooyin kale (tusaale: daawada hurdada ama walaaca)



### Meel amaan ah kuxaree

- Marna cid kale hala wadaagin ama kagadin daawadaada opioids
- Gali daawooyinka opioid meel xiran ama saar meel amaan ah
- Kafogee daawada caruurga saarna meel aysan dadka kale arki karin
- Kudhaaf dhaladeeda hore ayadoo calaamadu kudhagantahay



### Kuridida daawada meesha qashinka loogu talagalay

Qasab maaha inaad cunto dhamaan daawooyinkaaga opioid. Si aad uhesho meesha kuugu dhaw ee aad kucelin karto daawada in qashinka loogu rido daawada aadan isticmaalin, fadlan booqo:

- [takebackyourmeds.org](http://takebackyourmeds.org)
- [med-project.org](http://med-project.org)
- [doh.wa.gov/safemedreturn](http://doh.wa.gov/safemedreturn)